



TRURO LOG
JANUARY 2013
TRURO COUNCIL ON AGING
WWW.TRURO-MA.GOV/COA

TRURO COMMUNITY GIVING THANKS



ORAL HEALTH EXCELLENCE

SMILE ☐ Volunteers Needed

Did you know that tooth decay is the most common chronic disease among seniors? You can help decrease disease and create smiles in our community by serving as a SMILE counselor 2 hours a week. Training is provided so you can increase awareness of the importance of oral health and help seniors get connected to affordable dental care. If you have interest or experience in oral health and would like to learn more about becoming a SMILE counselor, call BL Hathaway at the Oral Health Excellence Collaborative (OHEC) at 508 771-1375 or email her at bloralhealthexcellence@yahoo.com.

MEDICATION REVIEW-BROWN BAG

On Tuesday, January 8 at 1:30 pm bring all your medications in a brown bag to Truro Town Nurse, Dee Yeater, from the Visiting Nurses Association of Cape Cod, who will be here to review them and answer any questions or concerns you may have. **Bring both prescription medications and over-the-counter ones. This is a great time to update your medication profile.**

Free Video Workshops sponsored by Lower Cape TV: From Soup to Nuts

Classes will be held on **Tuesday, Jan. 22 and 29 at 1:30 pm.** They will teach you how to document events and turn them over to broadcast locally or beyond! You will learn video basics, pre/post production preparing a shoot, and much more. Come prepared to handle a camera and take notes. This is a beginner's to intermediate workshop, please sign up soon as space is limited. Call the Truro COA - 508-487-2462. 2462.

THANK YOU FOR YOUR GENEROSITY!

Atlantic Spice donated a large amount of spices to the Truro Council on Aging kitchen. The Board of the Truro Council Aging, Staff and the COA Café dinners thank you for your generosity.

Tips and Tops'n has sadly sold their business but we are very grateful for their donation of the 2300 pounds of food from their stores. The Lower Cape Outreach Council pantry at the Truro Council on Aging is now stuffed to the gills with food for low income people in Truro. In addition, the Truro Central School Kitchen received a lot of ingredients for its children and The Christian Union Church too. Truro has greatly benefited. Thank you to Joyce Cordeiro.

MYSTERY BOOK CLUB

FRIDAY JANUARY 11, 12:30 - 1:30

BOOKED TO DIE BY JOHN DUNNING

HOUSE NUMBERS

Do you have a number on your house? Did you know that Chapter 1, Section 6 of the Truro General By-laws requires that your assigned house number be affixed or otherwise posted on every building used for residential, commercial, industrial and/or any other purpose situated within the Town of Truro? In other words, the town requires that there be a street number on your house or business and/or at the end of your driveway, if you can't see your house or business from the street. Actually, from a safety standpoint, it is a good idea to do both. Why does the Town ask you to do this? It is for safety reasons of emergency, also, it really helps the delivery people. Where do I find my street number you ask? It is on your most recent tax bill, but you can also call the Truro Assessors Office, 508-349-7004 x-27.

ROAD AND DRIVEWAY CLEARANCE

Do you live on a private road? Do you have a driveway that is longer than 50 feet? If you answered yes to either of these questions, did you know that there is a Truro General By-law (1-9-13) that provides standards for the clearance of the private road or driveway? Why ? you might ask. Well, if there is an emergency the Town wants to be sure that your road or driveway provides safe passage for safety and emergency vehicles and personnel. Also, delivery and service vehicles would appreciate safe passage. What are the standards? The Town refers to them as the "14 foot box rules:" 8-foot wide road or driveway with a minimum of 3 feet clearance on either side and a 14-foot vertical clearance (free of brush, shrubs, trees, or other obstructions).

Not sure if your private road or driveway meets these standards? Please give a call to the Truro Fire Department, 508-487-7548 or the Truro DPW, 508-349-2462.

The Dexter Keezer Community Fund of Truro has a sharp focus: to assist people in town who have hit heavy seas and need a lifesaver.

The fund has no overhead expenses and the board members are all local volunteers. Donations go directly to people in need, often identified by agencies such as the Lower Cape Outreach Council, and to the Truro Food Pantry. When Dexter Keezer's daughter, the late Nan Read, took over the fund a decade ago, she envisioned a lifeline for the people of Truro. The fund fulfills that role quietly and effectively.

The Web site of the fund is www.keezerfund.org. Tax-deductible contributions may be made to the Dexter Keezer Community Fund, Box 572, Truro, MA 02666. In conjunction with other helping organizations such as St. Vincent's de Paul, the Lower Cape Outreach Council, the Truro COA, Clergy and Homeless Prevention Council.

Dexter Keezer was a long-time summer resident of Truro who lived here year-round in retirement after an illustrious career as a soldier, economist and college president, to name just a few of his many achievements. He was deeply involved in the life of the community and believed that people, with help and support from others, can prosper. When he retired from the Truro Neighborhood Association in the 1970s, a fund was established in his honor. In 1999, thanks to the initiative of his daughter Nan Keezer Read, the fund became an independent 501c3 non-profit organization.

In the past, the Fund has helped to pay for mortgage bills, rent, auto repair, oil or gas home fuel, glasses, an air mattress for a critically ill Hospice patient, a stove, insurance, a new propane tank and shoes. In addition the Fund gives a monthly stipend to the Truro Food Pantry, enabling them to provide fresh meat and produce for their clients. And the fund also responds to needs of school children through the Truro Central School throughout the year and especially at the holidays.

The Fund welcomes suggestions on way to uncover and serve unmet needs for people of all ages in our community. And we thank the people of Truro who so generously donate so that the Fund can continue to serve Truro.

If you are in need, no matter what age you are, contact Katherine at the Truro Council on Aging -508-487-2462 ext. 11 for an appointment. You will need to bring your latest bank statement and Federal Tax Return form.



LAUGHING YOGA

Laughing Yoga is laughing for no reason and enjoying it with others using simple, easy and fun laughter exercises. Yogic breathing helps to deepen the breath and bring more oxygen into the body. The session ends with a deep relaxation followed by a sound healing. Laughter strengthens the immune system, is anti-stress, aerobic and brings people together. Be a part of a global movement for health, joy and world peace!

Dian Hamilton is a certified laughter yoga teacher. She can be reached at 508-487-8814. **Friday, Jan. 4, 10 am.**

Dear Prescription Advantage Member:

As of January 1, 2013, Prescription Advantage will no longer use the Catamaran Pharmacy Benefits Manager (PBM) to process members' claims. All Prescription Advantage members will have their claims processed through Xerox Corporation.

How does this affect you?

While this change in PBM has no effect on your Prescription Advantage benefits, as of January 1, 2013 your current Prescription Advantage membership identification card will no longer be valid. Your new membership card will be coming in the mail.

Starting on January 1st, be sure to bring your new membership card with you to the pharmacy when you purchase prescriptions so your claims can be processed correctly.

If you use mail order, you must let your mail order company know that you are a Prescription Advantage member and provide them with the following information that is listed on your new card:

- Member ID Number
- RxBIN Number
- RxPCN Number
- RxGRP Number

If you have any questions please call Prescription Advantage Customer Service at 1-800-AGE INFO (1-800-243-4636) and press 2, or TTY (toll-free) for the deaf and hard of hearing at 1-877-610-0241.

Saskia & Her Cello

Open Strings with Saskia Keller

Saskia, currently a junior at the Nauset Regional High School and a Truro resident, will provide cello demonstrations and exposure to anyone who may be interested. The program will be offered at the COA every Friday in January. There will be 2 sessions each Friday—one at 4 pm and one at 4:30 pm. If you are interested, you may call the Recreation Department at 508-487-1632 or email Damion Clements at asstrecdir@truro-ma.gov.



BEREAVEMENT SUPPORT GROUP

The VNA Hospice Bereavement Support Program is for people who are coping with the loss of a loved one. The group will meet on **Wednesday from 1pm to 2:30pm January 9** and once a month thereafter at the Truro COA. You do not have to attend every time. There is no charge for this group. Pre-registration is required. For more information and to register please call Nancy Higgins, LICSW, VNA Hospice Bereavement Coordinator at 800-631-3900 x7715 or 508-957-7715

IN MEMORIAM
DONNA O'BRIEN
EUGENE SPARKS

JANUARY BIRTHDAYS

1	Ronald Camara	8	Mary DiGiovanni	14	Mary Artruc	21	Marilyn Cubberley
	Anne Keenan		Catherine Shute		Marian Averback		Natalie Roderick
2	Gladys Bateman	9	Dorothy Langlais	15	Emily O'Brien	22	Jerome Thompson
	Maurice Gonsalves		Thomas Turner		Paul Donahue		Alexandra
3	Mary Hoey	10	Ed Yaconetti		Mary Hanson		MacDonald
	Brenda Horowitz		Michael McDonnell	11	B. Maebush Stevens	23	Dolores Silano
	Frances Shafir	11	Robert Bateman	16	Peter Weiss	24	Barry Wartenberg
4	John Actman		Elaine Dee		Michael Breneman	25	Manuel Ralph
	Nancy Thornley		Dorothy Nearen		Sarah Morrison		Santos
5	Joan Holt	12	Francis Patrick	17	Marie Tetreault		Hannah Shrand
	Stuart Carduner		Joseph Shanahan		Barbara Marin	26	Joseph Corea
6	Ted Cass		Carol Green	18	Valerie Miller		Arthur Hultin
	Robert Dutra	13	Ingeborg		Marie Kuliopulos		Charles Niewenhous
	Peter Gilson		Hutchinson	19	Joan Pereira	27	Deborah
	Lynne Milliken		Bernadette Mainz		Rita Sheehan Bell		McCutcheon
7	Sandra Moss		Naomi Perry	20	Marsha Weiss		David Sawicki
	Catherine Riessman		Maria Lappano Redo		Donald Horton	28	Marian Feld
			Peter Swanson		Elizabeth Searcy		Henry Mason Morfit
			Shirley Maichle				
			Mary Ryan				
			H. Taylor Baden				

TRURO TAXATION AID COMMITTEE

Elderly and Disabled Fund

Deadline: Wednesday, January 30, 2013

Applications are available at the Truro Council on Aging, Truro Town Hall,

Truro Public Library, or on the web at www.truro-ma.gov.

An applicant must own and occupy the real estate in Truro as their primary residence. They must be at least 65 years old as of July 1, 2012 or be disabled and are receiving benefits from one or more programs because of their disability- Social Security Administration, SSI, Medicaid, Veterans Administration, Workers Compensation or any other agency providing financial assistance due to the disability. Total yearly household income including Social Security must be less than \$35,000 if single or less than \$45,000 if married.

If filed, the 2011 Federal Income Tax return and any documents indicating disability benefit receipts must accompany the application. A homeowner is NOT eligible for help from the Elderly and Disabled Fund if they are eligible for a Clause 41A Property Tax Deferral.

If taxation aid assistance is awarded, it will be applied to the Fiscal Year 2013 tax bill and the applicant will be notified by mail.

SOUPS TO GO

Iris's Homemade Soup

\$4 /pint

Packed to go.

Available Mon. - Fri.

January 4 - Pureed cauliflower with spinach

January 11 -Turkey chili

January 18 - Beef & barley with mushroom

January 25 - Asian vegetable

JANUARY

COA CAFÉ

TUESDAY 12:30

\$7.50

Call COA to reserve by Monday noon

January 8

Chicken Pie w/ Lentil Pilaf

January 15

Tuna Noodle Casserole

Mixed green salad

January 22

Baked Chicken

Breast/sundried tomato,
kalamata olives & feta
cheese w/ pasta w/olive oil,
garlic, & parsley & Spinach
Salad

January 29

Fresh Cod Fish Cakes

Baked Bean Casserole
Coleslaw



John Carbone's

Friday at the Movies 1:30

January 4 Bourne Legacy 2012 135 min.

Jeremy Renner, Rachel Weisz, Albert Finney

January 11 Spitfire 1934 87 min.

Katharine Hepburn, Robert Young, Ralph Bellamy

January 18 3 Men and a Little Lady 1990

104 min, Tom Selleck, Steve Guttenberg, Ted Danson

January 25 7 Faces of Dr. Lao 1964 100 min., Tony Randall, Barbara Eden, Arthur O'Connell

Popcorn is served. All are welcome.

Please call if you need further information

508-487-2462



Make treats for Chinese New Year With Heather Bailey

Come one and all and join in the fun of Celebrating the Chinese New Year! The Truro Council on Aging and Truro Rec will partner together in a class led by Heather Bailey of The Optimal Kitchen to learn about making some of our favorite Chinese treats and enjoying the fruits of our labor with friends of all ages. The festivities will take place **Friday Jan 25th at 3pm.**



TAI CHI AND CHI KUNG

This class combines the slow movements of Tai Chi and Chi Kung for the benefit of mental and physical balance and general well being, with an emphasis on “mindfulness” - remaining focused in the here and now. The health benefits of focused slow movement have been amply demonstrated by recent medical research. The instructor, Geof Karlson, has been teaching yoga, tai chi, chi kung, and meditation for seven years on Cape Cod. He currently teaches in Wellfleet, Orleans, and Harwich. Classes will start **Wednesday, January 2, 2013, 8:30-9:30 am at the Truro Community Center. \$5 pp/per class.**

REACH Program

Reaching Elders with Additional Community Help is a program designed to help transport elders home from Cape Cod Hospital when the COA is not open to help with transportation. Please call Katherine Stillman, Outreach Coordinator to learn more about the program. #508-487-2462.

Prescription Drug Kiosk at the Truro Police Department, 344 Route 6, Open 24 hours a day 7 days a week

The following Massachusetts Department of Environment Protection Guidelines Should Be Adhered to:

- Truro residents now have a permanent, free and safe method to dispose of their unused or expired prescriptions or over the counter non-liquid medications.
- No business or medical waste is allowed.
- No sharps, mercury thermometers, epi-pens or needles are accepted. The process is completely anonymous and the names and labels may be removed from the packaging.

This site is for **Truro residents only**. All Cape police departments now have the same Prescription Drug Kiosk.

NO MORE COLDS

- ♦ **Discover a homeostatic way to prevent a cold**
 - ♦ **Learn an alternative remedy to stop head colds**
 - ♦ **Enjoy no side effects from medications**
 - ♦ **Know that “an ounce of prevention is worth a pound of cure”**
- Tuesday, January 15, 1:30 PM**

January Cooking Classes with Heather Bailey at the Truro COA

Wednesday Mornings beginning January 9 at 10 am

Controlling your Blood Sugars: If a recent trip to the doctor ended with him or her telling you your blood sugar levels are too high then this is the class for you. Focus will be placed on what foods are best at keeping blood sugar levels stable as well as reducing insulin resistance. Significant attention will be paid to the Glycemic Load of foods and how that impacts the health of anyone diagnosed as diabetic or pre-diabetic. This class will incorporate the preparation of diabetic friendly foods, including some diabetic friendly baking. **Wednesday, January 9 at 10 am.**

Boost Your Immune System: We can't always prevent every illness but we can make an effort to ensure our immune system is working as well as possible to protect us from many of the colds and flus we are exposed to. This course will focus on what foods are best to help boost our immune systems, and also addresses important information for asthma and allergy sufferers, as well as anyone diagnosed with cancer, who might be undergoing immune suppressing chemotherapy. Learn what foods are the most nutrient dense and work with our bodies to promote optimal health. **Wednesday, January 16 at 10 am.**

Cooking for One: It can be a real challenge adjusting to cooking for just yourself, especially when it is so easy to heat up a can of soup or microwave a frozen dinner, often with not much difference in cost. However the cost is hidden in the fact that most processed foods are harmful to our health with high doses of sodium and chemical additives and preservatives. Focus will be placed on keen menu planning to ensure you use up the perishable foods you have purchased in a variety of simple and healthful preparations. **Wednesday, January 23, at 10 am.**

Enhance your Memory: If you have been having more of those senior moments where everyday things seem to keep slipping your mind then this is the class for you. What you eat can play a big role in helping to enhance memory and stave off dementia or at least postpone it a bit. Learn the proper foods to eat as well as which ones you should try to avoid. **Wednesday, January 30, at 10 am.**

JANUARY 2013

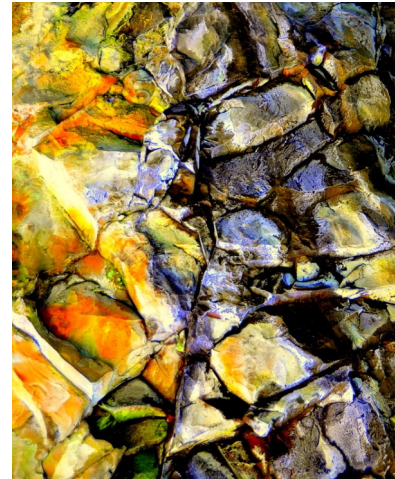
Mon	Tue	Wed	Thu	Fri
COA GALLERY Opening Saturday, Jan. 5 2 to 4 pm Fred Gaechter Amanda Reed PHOTOGRAPHY	COA closed 11:30 Monday & Jan 1, 2013 	2 Strength Training 9-10 Weight Loss 10 Tai Chi 8:30	3 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 Healthy Eating 1-3:30	4 Strength Training 9-10 Laughing Yoga 10 FREE Friday Movie 1:30 Saskia 4 & 4:30
7 Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	8 COA CAFÉ 12:30 Medication Review 1:30	9 Tai Chi 8:30 Strength Training Weight Loss 10 Legal Assistance Bereavement 1-2:30 Cooking Class 10	10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 Healthy Eating 1-3:30	11 Strength Training 9-10 Mystery Book Club 12:30 FREE Friday Movie 1:30 Saskia 4 & 4:30
14 Strength Training 9-10 Memoirs 10:30-12:30	15 Story Swap 11 A.M. COA CAFÉ 12:30 No More Colds Talk 1:30	16 Tai Chi 8:30 Strength Training 9-10 Weight Loss 10 Cooking Class 10	17 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 Healthy Eating 1-3:30	18 Strength Training 9-10 Dr. Campo by Appointment FREE Friday Movie 1:30 Saskia 4 & 4:30
21 HOLIDAY 	22 COA CAFÉ 12:30 Video Class 1:30	23 Tai Chi 8:30 Strength Training 9-10 Weight Loss 10 Cooking Class 10	24 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	25 Strength Training 9-10 FREE Friday Movie 1:30 Chinese Treats 3 Saskia 4 & 4:30
28 Strength Training 9-10 Memoirs 10:30-12:30	29 COA CAFÉ 12:30 Video Class 1:30	30 Tai Chi 8:30 Strength Training 9-10 Weight Loss 10 Cooking Class 10	31 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	HELEN GRIMM Sunday, Feb. 2 Opening 2-4 

COA GALLERY - JANUARY
FRED GAECHTER & AMANDA REED - PHOTOGRAPHS

Fred Gaechter and Amanda Reed share a passion for photography. Both are award-winning photographers with Fred's focus on "Capescapes" and Amanda's focus on birds and wildlife.



**AMANDA
REED**



FRED GAECHTER

**Opening reception is Saturday,
January 5, 2013,
from 2 to 4**

COA GALLERY - FEBRUARY
HELEN GRIMM - PAINTINGS

I am blessed to live amongst the rich and varied landscapes that constitute the Outer Cape. Painting the essence of the wild places here sustains me creatively. I paint dune and forest landscapes from life and I keep sandy scrubby hollows and vistas in my heart to access from my studio after dark.

While investigating scale and amplifying size I focus on the atmosphere within landscape and environment. Color, form and texture keep me grounded in the natural world yet compel me to explore the abstract. I enjoy discovering the interaction of forms with one another and with the surrounding atmosphere in which they are locked. Each painting is a breath of spirit representing the essence of individual place, be that place large or tiny.



helen grimm

provincelands

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

FREE AARP TAX PREPARATION

Two trained AARP volunteers will be at the Truro COA to prepare your taxes for free starting on Wednesday, Feb. 13, 2013. Please call MaryEllen for an appointment. They will be available every other Wednesday. The last day is April 10, 2013. You will need to pick up, and fill out initial paperwork and a sheet informing you as to what you need to bring to your appointment.

FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

Martha Ingram, Chair; Jeanne Foulke, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary;

Board Members: Stephen Currier, Lucie Grozier, Florence Johnson, Diane Rose.

Council on Aging Officers: Rotating Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Joan Holt, Martha Ingram, Joan Moriarty, Mary Morley, Bernard Robbins, Kitty Stevens, Claudia Tuckey, Bonnie Sollog, Alternate; Hannah Shrand. **Staff:** Susan Travers, Director; MaryEllen Duarte, Office Manager; Margie Childs, Assistant to COA Director & Transportation Coordinator, Katherine Stillman, Outreach Coordinator & Log Editor; William Goodbody, Web Master, and Nancy Braun, Dennis Guiney, David Peterman and Chuck Zimmer, Van Drivers.

**COUNCIL ON AGING HOURS: 8:00 - 4 MONDAY - FRIDAY
OTHER HOURS POSSIBLE BY APPOINTMENT, 508-487-2462**

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